Script for changing stylesheets:

```html
<!DOCTYPE html>
<html>
<head>
  <title>Changing CSS using only JavaScript</title>
  <link rel="stylesheet" href="zindex.css"/>

  <script>
    function swapCSSStyle(x, y) {
      var oldlink = document.getElementsByTagName("link").item(y);
      var newlink = document.createElement("link");
      newlink.setAttribute("rel", "stylesheet");
      newlink.setAttribute("href", x);
      document.getElementsByTagName("head").item(y).replaceChild(newlink, oldlink);
    }
  </script>
</head>
<body>
  <p id="blue">blue</p>
  <p id="purple">purple</p>
  <p id="green">green</p>
  <button onclick="swapCSSStyle('zindex.css', 0);">Style 1</button>
  <button onclick="swapCSSStyle('zindexalt.css', 0);">Style 2</button>
</body>
</html>
```

Instructions:
To change the stylesheet by clicking a button:

1. You must include the script above (from `<script>... to </script> in the head section of your html page.
2. You must have at least two styles: I called mine zindex.css and zindexalt.css. You can call yours whatever you want, but you must replace the green text with the names of your stylesheets.
3. And you must include the two buttons in the body of your web page. These buttons call the script. (the red buttons in the html code above)